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Bangalore Mirror

TEMP Max 28 | Min 21 | Humidity 63% Cloudy and breezy Sensex 82,408 | Nifty 25,112 | Gold 98,776 | Silver 1,06,325 | Dollar 86.58 | Euro 99.72 | GBP 116.87

LADIES' FIRST

Men take over women's coach in Rajya Rani Express to Mysuru; prominent signage would prevent confusion, say passengers

PAGE 2

CROWD CONTROL

Karnataka Police Academy introduces mandatory life-saving training to 5,000+ personnel to tackle crowd-related emergencies

PAGE 3

After former top cop's post on wonky AI traffic signals, social media explodes: So far, motorists are giving brand new tech-based system a thumbs-down

OUT OF SYNC

Manual intervention becoming necessary to clear chaos at junctions

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The recently implemented Artificial Intelligence (AI)-based traffic signal system in Bengaluru has come under scrutiny following critical remarks by a former Bengaluru Police Commissioner. The former top cop has raised concerns that the new system, designed to ease congestion and improve traffic flow, has instead resulted in longer wait times at intersections and frequent manual interventions by traffic personnel.

"The new signals with AI in Bangalore seem to be counter productive. longer waiting time..!! Manual intervention is going on. Journey time is taking longer. Similar is the experience with smart electrical meters again with manual intervention," Bhaskar Rao posted on X on Wednesday. His comments have struck a chord with thousands of daily commuters, who took to social media to share similar frustrations.

Implemented by the Bengaluru Traffic Police as part of a smart city initiative, the AI-based signals were promoted as a transformative solution. Using sensors and real-time traffic data, the system was intended to dynamically adjust signal durations based on vehicular flow.

However, road users report that this promise is yet to be fulfilled. In areas such as Silk Board, Hebbal, and Marathahalli, Peenya Junction commuters have complained of erratic signal cycles that either remain green with little traffic or stay red for longer than necessary. "At some junctions, I've

CONTINUED ON PAGE 8 »

> "During peak hours it (signal) is always running in manual mode... Only if you travel after 9 pm, it is in VAC mode. My tax money is spent on something which is not used or badly implemented — Commuter

Meter running

After bike-taxi ban, Traffic Police crack down on autos amid rising fare complaints

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Days after the Karnataka High Court upheld the government's ban on bike taxis, leaving thousands of commuters without affordable transport options, the spotlight has shifted to Bengaluru's auto rickshaw drivers, many of whom are now under fire for overcharging, refusal to ply, and poor conduct.

In response to mounting complaints, the city traffic police have launched an aggressive enforcement drive across major hubs like Majestic, MG Road, Cubbon Park, and KSR railway station. Within just two days, over 1,000 cases have been booked, collecting nearly ₹5 lakh in fines from violators. On Sunday, the police booked 84 drivers for not wearing uniforms, 52 drivers for charging excess fares, 44 for refusing to go ply. The police have also booked over 200 drivers for parking violations and another 680 drivers under other violations.

NO UNIFORM	84 cases | ₹42,000
EXCESS FARE	52 cases | ₹21,600
REFUSAL TO PLY	44 cases | ₹21,600
PARKING VIOLATIONS	216 cases | ₹87,500
OTHER VIOLATIONS (faulty meters, incomplete documents)	683 cases | ₹3,14,000

Ever since the ban on bike taxis came into effect, commuters have been voicing their frustration, saying they are being

CONTINUED ON PAGE 8 »

THINGS TO DO

01 Shopping spree

Swadeshi Art and Craft Exhibition is bringing an exclusive sale of handlooms, handicrafts, jewellery, sarees, clothing accessories, khadi kurtas, suit pieces and home accessories. **Where: White Housse, HSR Layout; When: June 22 to 29, 10.30 am to 9 pm**

02 Ethereal art

Sublime Galleria is presenting 'Ethereal Charm' by Niladri Ghosh, encompassing forests and wildlife. Ghosh uses his art to highlight the importance of protecting nature. **Where: Sublime Galleria, UB City; When: June 13 to July 6, 7 pm**

03 Mellow morning

Swar, a platform dedicated to the promotion and preservation of Indian classical music, is presenting 'Colours of India – Morning Raagas', a soulful morning of melodious explorations in Hindustani and Carnatic traditions. **Where: Artkhoj, JP Nagar; When: June 28, 10 am**

04 Cartoon sense

Indian Institute of Cartoonists is presenting 'Through the Eyes of RK Laxman', a tribute exhibition in 78 colourful caricatures. **Where: Indian Cartoon Gallery, Sivanchetti Gardens; When: June 7 to June 28**

05 Odyssey of life

Shubham School of Performing Arts Bengaluru is presenting a captivating multidisciplinary dance production that uses the metaphor of water to explore the stages of human existence—from birth and growth to love, loss, and ultimately, return. **Where: Medai-The Stage, Koramangala; When: June 29, 11 am**

Reserved for women, occupied by gentlemen

Police need to increase patrolling on trains and impose penalties on people who flout rules, public should be sensible and help women passengers travel safe, say activists

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The purpose of reserved compartments for women in trains is to ensure safe and secure travel for women. The South Western Railways has reserved compartments for women to facilitate hassle and nuisance-free travel for them. However, recently a Bengaluru resident shared her bitter experience as a group of men occupied the ladies' compartment alongside her, highlighting the need for railway authorities to ensure suitable measures to prevent such incidents.

Anupama Bettadapur, a resident of Bengaluru, said that she boarded the Rajya Rani Express from Bengaluru at 11.30 am on June 19 and was seated in the designated ladies' compartment. "However, after the train departed from Channapatna, a group of men entered the coach and claimed that the ladies' compartment is only valid from Mysuru to Bengaluru, and that on the return journey, it becomes a general coach. Shockingly, they gathered in groups and began playing cards, treating the space as a place for casual entertainment," said Bettadapur.

She said that such behavior creates an uncomfortable and unsafe environment for women passengers. "It is disheartening to see that ladies' compartments are not respected, and it has become increasingly difficult for women to travel with dignity on trains—whether in general coaches or reserved ones," she said.

She said that she recently came to know that the coach positioned just behind the guard's cabin is always reserved for ladies. She noted that unfortunately, this kind of vital information is generally known only to daily commuters. "Occasional travellers like me are unaware, unless it's clearly communicated or marked. It would help greatly if the signage indicating 'Ladies Coach' is made more prominent, and if railway staff actively monitors these compartments," she said, adding that concerned authorities need to take the matter seriously and ensure that ladies' compartments are properly monitored and protected, so women can travel safely and comfortably.

A few months ago, another shocking incident took place on Coimbatore-Tirupati Inter-Express. An intruder allegedly attempted to sexually assault a pregnant woman passenger. The victim was thrown out of the moving train. The authorities had promptly announced the decision to deploy women police personnel to guard the ladies' compartments.

Abhishek, a railway activist, said that men travelling in ladies coaches are a serious concern for the safety of women. "The RPF & GRP police need to increase patrolling regularly and need to impose penalties on such people. Many regular commuters depend on Rajya Rani and Chamundi Express but due to lack of RPF personnel on board people are not serious. The SWR celebrates Women's Day with much fanfare but they are lacking in the safety of women on other days," he said.

Expressing a similar opinion, Sanjeev Dyamannavar, a railway activist, said that the Indian Railway has made provisions for reserved compartments for ladies to ensure safety and convenience for women. "Citizens should be sensitive to compartments reserved for women. Men should not enter the ladies compartment. The railway authorities should penalise men for entering the compartment reserved for women. Public should respect good practices and help women passengers travel safe and secure," he said.

> **"It would help greatly if the signage indicating 'Ladies Coach' is made more prominent, and if railway staff actively monitors these compartments**
> – Anupama Bettadapur, a resident of Bengaluru

South Western Railway Public Relations Officer said that he has advised the Railway Protection Force and commercial departments to look into the matter.

AI-based attendance to enhance administration efficiency

In a significant digital shift, government school teachers in Karnataka will no longer be taking student attendance by calling out names. Starting this academic year, teachers will use their mobile phones to click photos of students, and attendance will be recorded through facial recognition technology powered by artificial intelligence (AI).

This new system will be implemented under the state's 'Niranthara' project, covering 52,686 government and aided schools with over 52 lakh students. The AI-based attendance system, which uses facial recognition to verify student presence, aims to enhance transparency and eliminate fake attendance entries. It is also expected to curb the misuse of government funds allocated for mid-day meals, scholarships, and other student-centric schemes. An Education Department official said, "The Rs 52-crore initiative allows teachers to use a dedicated mobile app to capture student photos. These images will be processed through AI to authenticate attendance, ensuring accuracy and accountability in real-time. The Education Department believes this tech-driven approach will bring about greater efficiency in school administration across the state." **— BMB**

Educating young minds

The volunteers of Soroptimist International of Bangalore organised a fundraising event, striving for the upliftment of girls. The Goddess, a classical dance performance was given by Rukmini Vijayakumar on Saturday evening at Prestige Centre for Performing Arts, Konanakunte. Speaking on the occasion, Soroptimist International of Bangalore Treasurer Anuradha said that a group of 26 volunteers joined hands to organise the fundraising event. Dr Rama Ramachandran of Soroptimist International of Bangalore said the volunteers undertake many projects for the education, healthcare, and nutrition of children. "We have received the CSR Times Award for our social activities, including the 'Fistful of Grains' wherein we go to schools and give children bags and ask them to collect grains," Dr Ramachandran said, adding that under the initiative, a beneficiary is identified and handed over the grains collected by the students. "Some of the girls, funded by us, have completed higher education and settled in the US," Dr Ramachandran highlighted. Shashikala Menon, Programme Action Officer of SIB, said the funds raised will be utilised for the education of girls and skill development of women. **— BMB**

Kempegowda Awards to resume after five-year gap

After a five-year gap, the Bruhat Bengaluru Mahanagara Palike (BBMP) is set to resume the presentation of the Nadaprabhu Kempegowda Awards which honours achievers across various fields, as part of the 516th Kempegowda Jayanti celebrations on June 27. The grand event will be held at the Glass House in the BBMP premises, with Chief Minister Siddaramaiah and Deputy Chief Minister DK Shivakumar expected to present the awards. The award distribution had been halted since 2020 due to the pandemic. Although the Congress government had considered reviving it earlier, it was limited to a simple Jayanti observance.

This year, due to lack of time to invite fresh nominations, the BBMP will revise the previously shortlisted names from 2023. Then, under the leadership of Transport Minister Ramalinga Reddy, a committee had finalised a list of 163 awardees from over 800 applicants. Around 100 to 150 individuals will be honoured this year, along with 50 BBMP officers and staff selected for their exceptional service. The civic body has allocated Rs 1 lakh to each taluk in Karnataka and Rs 3 lakh to each assembly constituency in Bengaluru to celebrate the occasion. **— BMB**

Post-stampede, police trainees learn CPR and survival skills

Trainees will learn CPR, detect crowd panic early, create safe exits, manage pressure points, and guide civilian self-preservation during mass gatherings

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In the wake of the stampede outside Bengaluru's Chinnaswamy Stadium earlier this month, the Karnataka Police Academy has taken a crucial step, introducing mandatory life-saving training for over 5,000 police trainees.

The move comes after the internal reviews highlighted the urgent need for police preparedness during crowd-related emergencies.

The stampede, which broke out on June 5 during Royal Challengers Bangalore's (RCB) victory celebrations, claimed eleven lives, including young fans and elderly attendees and left scores injured.

Eyewitnesses described chaotic scenes, with insufficient crowd control measures and a lack of immediate first aid support compounding the disaster. Many victims collapsed due to suffocation, trampling, or panic, and were left unattended for crucial minutes.

The incident exposed a glaring gap in emergency response readiness among on-ground personnel. While the police's primary duty is to ensure public safety, experts emphasised that saving lives requires more than crowd regulation; it demands hands-on medical intervention and survival knowledge.

Reacting to this particular situation, the Karnataka Police Academy has now added Cardio-Pulmonary Resuscitation (CPR) and stampede survival techniques to its core curriculum. Trainees will be taught not just how to perform CPR, but also how to recognise early signs of crowd panic, create safe exits, manage pressure points, and assist civilians in self-preservation techniques during mass gatherings.

Speaking to BM, Additional Director General of Police (ADGP) Training, Alok Kumar said, "Until now, CPR was not part of our police training. But with proper training, our personnel can assist victims immediately, instead of waiting for medical teams to arrive."

While CPR is new to the syllabus, stampede-related training has been part of the curriculum for over a year, Alok Kumar clarified. This includes modules on crowd anticipation, management, handling panic, and survival strategies during stampede-like situations.

"Often, stampedes are not merely caused by large crowds, but by misinformation. Something as minor as a short circuit, a transformer blast, or even someone exiting abruptly can trigger panic.

People may assume it's a bomb blast, and before authorities can intervene, the situation spirals. Fake news can fuel fear within moments", he said, pointing out the past incidents like the Kumbh Mela stampede, where confusion over a footbridge collapse led to mass panic and several deaths, and more recently, the stampede during actor Allu Arjun's event in Telangana, where crowd mismanagement and excitement turned tragic.

Police officials also pointed to the rising number of public events and protest gatherings in urban areas as a signal that such training must become standard practice across all districts.

City sweeping gets tech upgrade

The BBMP (Bruhat Bengaluru Mahanagara Palike) has launched the CityCat V20 street sweepers, advanced, eco-friendly machines set to take over Bengaluru's dusty roads. The CityCat V20 comes in both diesel and electric variants, with the zero-emission V20e model aligning with BBMP's green goals. Equipped with smart controls, touchscreens, and dust-suppression tech, the machine is designed to clean efficiently while reducing water use and noise.

The rollout comes after repeated complaints from citizens over poor street cleaning and rising dust levels. With compact dimensions, the sweepers are expected to manoeuvre easily through Bengaluru's narrow lanes, something older machines struggled with.

A pilot rollout is underway in high-density zones, with plans for a full city-wide deployment.

Fake accident trickster arrested

Suddugunte Palya police, with assistance from Ashok Nagar police, arrested a 29-year-old habitual offender who was robbing motorists by staging fake accidents across the city.

The accused, Zamail Khan, a resident of Mysuru, was tracked down on Saturday after he allegedly targeted a 78-year-old retired government employee on MG Road on July 2. Posing as a victim of a crash, Zamail would deliberately ram into vehicles, usually driven by elderly motorists, then threaten and rob them under the guise of settling the matter.

He moved around on a scooter with a fake registration plate and avoided using mobile phones to stay off the radar. Police cracked the case using CCTV footage and circulated his details before the Suddugunte Palya police zeroed in on him.

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CCTVs to monitor unlawful waste disposal in KR Market

Until installation of cameras, Zonal Commissioner has mandated regular clearing of garbage and initiation of strict action against those violating norms

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Bruhat Bengaluru Mahanagara Palike (BBMP) Zonal Commissioner (West) Suralkar Vikas Kishore, on Saturday, directed BBMP engineers to install CCTV cameras at strategic locations at Krishna Rajendra (KR) Market to ensure cleanliness. Though citizens, especially those visiting KR Market to buy vegetables and fruits, have welcomed the Zonal Commissioner's initiative, some of the vendors at the market have raised other concerns.

GM Diwakar, President of KR Market Flower Merchants' Association, said that they were not aware of the Zonal Commissioner's visit to KR Market, and the subsequent directive issued to BBMP engineers. "There is no drinking water facility at KR Market. The purpose of installing the generator is not serving. It is not functioning during the power outage. The developmental work commenced by the Bengaluru Smart City Limited remains incomplete," Diwakar highlighted.

Ayub Khan, Secretary, SKR Market Merchants' Federation, raised concerns about the unhygienic conditions at KR Market. "The BBMP authorities have to monitor cleaning of waste at the market on a daily basis," he opined.

During his visit and inspection of KR Market, the Zonal Commissioner emphasised the importance of maintaining consistent cleanliness. However, due to the indiscriminate disposal of waste by some vendors, the upkeep of hygiene standards have been severely hampered. He instructed the officials to identify such locations and install CCTV cameras to monitor and curb such practices.

The KR Market generates around 70 tonnes of waste every day and the BBMP has engaged workers, who work in three shifts, to clear the waste. Till the installation of the CCTV cameras, the Zonal Commissioner has instructed the engineers to monitor the clearing of the waste and initiate strict action against those violating waste disposal norms.

KR Market generates around 70 tonnes of waste every day and BBMP has engaged workers, who work in three shifts, to clear the waste

To prevent vendors from discarding waste indiscriminately, waste bins will be installed at four key locations within the market

The Zonal Commissioner said that revenue officials need to assign designated places for vendors and ensure that they conduct their business only within these marked areas. He also directed revenue officials not to allow vendors to occupy unassigned spaces, and take measures to stop unauthorised vending outside the market premises. At present, one supervisor and seven marshals are assigned for maintaining cleanliness at KR Market. The Zonal Commissioner instructed that more marshals be deployed if necessary. He also recommended providing pushcarts for pourakarmikas to facilitate their cleaning tasks without any hurdles.

To prevent vendors from discarding waste indiscriminately, the Zonal Commissioner ordered the installation of waste bins at four key locations within the market. He also instructed that each vendor be provided with individual bins and be mandated to dispose of waste only in designated areas specified by the BBMP. Additionally, he directed engineers to identify highly unhygienic areas in the market and take measures to have them cleaned using pressure washers.

Ex-PM Deve Gowda writes to PM Modi about plight of mango growers

Former Prime Minister and JD(S) supremo HD Deve Gowda on Sunday sought PM Narendra Modi's intervention to rescue Karnataka farmers facing steep losses due to poor yield of mangoes, price crashes, and interstate trade disruptions. In a letter to Modi, Gowda said that Karnataka, a major horticulture hub in the country, especially in the production of mangoes, is witnessing an unprecedented crisis.

He noted that mangoes are grown on 1.39 lakh hectares across districts like Bengaluru Rural, Urban, Chikkaballapura, Kolar, and Ramanagara, with an expected production of 8 lakh to 10 lakh tonnes during the Rabi season. However, this year, output has fallen by more than 70 per cent due to adverse weather and disease.

"The situation worsened between May and June when market arrivals surged, causing mango prices to plummet from Rs 12,000 per quintal to as low as Rs 3,000 per quintal–far below the cultivation cost of Rs 5,466 per quintal," he said.

Many small and marginal farmers are now unable to recover even their input costs, pushing them into distress and triggering protests in several districts. The former prime minister also highlighted the additional blow to growers along Karnataka's border due to Andhra Pradesh banning the entry of Totapuri mangoes into its Chittoor district.

"This interstate restriction has disrupted the supply chain and aggravated post-harvest losses," he wrote, adding that the Karnataka Chief Minister and Chief Secretary have already raised the matter with Andhra counterparts. — BMB

BBMP hospitals set for major upgrade

As part of the 'Brand Bengaluru' initiative, BBMP is set to upgrade 19 of its hospitals at an estimated cost of Rs 413 crore. The Detailed Project Report (DPR) is in its final stage, and tenders will be invited soon. The plan, approved by the government on January 10, will be implemented in three phases to transform community health centres into modern hospitals with emergency, general medicine, general surgery, and dental services. In the first phase, structurally weak buildings will be demolished and rebuilt. The second phase will focus on modernising existing facilities, while the third will introduce diagnostic labs, modular operation theatres, additional wards, and advanced medical equipment. Fourteen maternity hospitals will be converted into 30-bed general hospitals, with redesigned rooms and improved infrastructure. Each upgraded facility will ultimately offer 50-bed capacity and meet the National Urban Health Standards 2022, providing essential surgical and emergency care. — BMB

Karnataka BJP to launch agitation

Against the backdrop of ruling Congress MLA BR Patil's allegation of corruption in the housing schemes for the poor, the BJP in Karnataka on Sunday said it would launch an agitation in the state. However, the party did not specify when it would be held. BJP State President BY Vijayendra said Patil's statement exposed corruption prevailing in the government. Patil, who also serves as the Deputy Chairman of the Karnataka State Policy and Planning Commission, had alleged bribery in the allotment of houses in a phone conversation with Housing Minister BZ Zameer Ahmed Khan's private secretary, Sarfaraz Khan. — PTI

E-Swathu draft rules to be ready by month-end

The draft rules for the distribution of E-Swathu documents—digitised property records in rural areas—will be ready by the end of June, and the final set of rules is expected to be notified in the second week of July, said Rural Development and Panchayat Raj Minister Priyank Kharge. Sources said that to facilitate the E-Swathu initiative, amendments have been made to Rule 199(B) during the recently held legislative session. He said that the final rules are being prepared in alignment with these amendments to ensure smooth implementation of the scheme.

Once the E-Swathu property templates are rolled out, approximately 1.45 crore properties under the jurisdiction of Gram Panchayats across the state will come under the ambit of the digital property documentation system. This will not only provide legal recognition to rural properties but also significantly boost revenue for Gram Panchayats, IT-BT Minister Kharge added. Increased revenue is expected to empower local bodies and accelerate rural development, he noted. — BMB

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Illegal pipeline

Manorayanapalya

Blatant misuse of CMC borewell connection reported in 9th Cross, Manorayanapalya (Vinayaka Layout), where a valveman has illegally extended the pipeline through a private residence — a clear violation of norms.

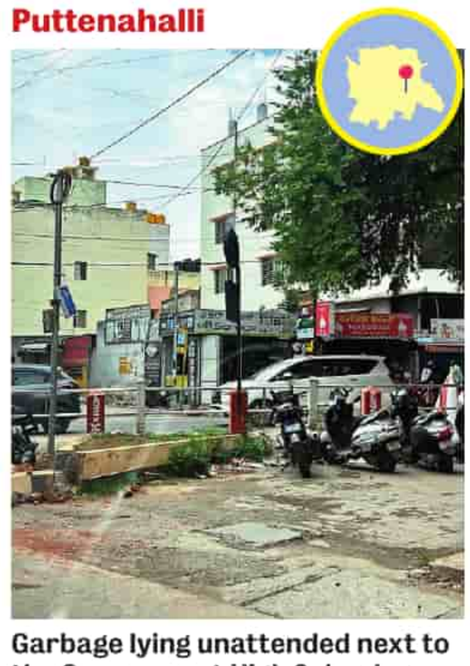
Cattle chaos

Lottegollahalli

Stray cattle, left free to roam, are causing inconvenience and hindrance to vehicular movement and to senior citizens and children. Concerned authorities need to take immediate action to curb this menace near Lottegollahalli.

Waste woes

Puttenahalli



Garbage lying unattended next to the Government High School on Puttenahalli Road needs immediate cleaning to prevent health hazards.

Cap revamp off the table for constables

Police panel rejects cap change, citing operational concerns over rank identification and effective crowd control

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The proposal to change the caps worn by head constables and constables in the Karnataka Police Department has officially been dropped. A high-level committee within the department has recommended to the state government that the existing "sponge hat" should continue to be used, citing operational and functional concerns.

The committee noted that mandating a uniform cap for all ranks would create difficulties in distinguishing officers from subordinate personnel, especially during law and order situations or public unrest. Instead, it has suggested a lighter cap as an alternative, if necessary.

Uniform caps may hinder rank identification during critical situations like protests, affecting command efficiency

Uniform caps would complicate policing

The committee, headed by Additional Director General of Police (KSRP) Umesh Kumar, gathered inputs from head constables and constables across all police divisions, including CID (Criminal Investigation Department), DAR (District Armed Reserve), and CAR (City Armed Reserve)units. It also reviewed cap styles used in other states, such as Kerala, Andhra Pradesh, and Tamil Nadu, before convening three rounds of deliberations. In the end, it unanimously rejected the idea of switching from the sponge cap to a smart peak cap.

The final report, which evaluates both the pros and cons of the cap change, has been submitted to the Director General and Inspector General of Police (DG&IGP), who, in turn, have forwarded it to the state government, sources in the Home Department told Kannada Prabha.

Question raised in assembly prompted review

The discussion was initiated during the last Assembly session when Mysuru JD(S) MLC CN Manjegowda questioned the need for changing police headgear. In response, Home Minister Dr G Parameshwara directed then DG&IGP Alok Mohan to conduct a detailed review. This led to the formation of the expert committee under ADGP Umesh Kumar.

Historically, constables used a turban-style cap, which was replaced with the current sponge cap during the Gundu Rao government's tenure. Periodic demands for modernising the cap have surfaced over time. However, concerns persist that if all police personnel wore the same style of cap, like the smart peak caps worn by officers, it would make it harder for the public and fellow officers to distinguish between ranks, especially during critical situations like protests or riots, where quick command is essential. In conclusion, the committee has recommended continuing with the sponge cap while exploring health-friendly alternatives if necessary, effectively putting an end to the cap change debate.

Crack on Hosur flyover disrupts traffic to B'luru

Traffic was disrupted in Hosur on the Chennai-Bengaluru National Highway after a flyover section developed a lateral shift by nearly 50 metres, leading to an emergency inspection by the National Highways Department.

The incident happened near the Bagalur Road Circle area under Hosur Corporation limits in Krishnagiri district, close to the Karnataka-Tamil Nadu border.

A gap about 15 cm wide and 50 metres long appeared on the flyover, which moved the beam structure connecting the Krishnagiri-Bangalore and Bangalore-Krishnagiri sections.

As a result, authorities immediately stopped traffic on the Krishnagiri-Bangalore flyover, diverting vehicles to the service road leading to Hosur bus stand, causing heavy traffic congestion.

"Vehicular traffic had already been diverted due to widening work on Bagalur Road. This sudden shift in the flyover has only made the situation worse. Motorists are facing significant hardship," said a local official involved in traffic control.

Officials from the National Highways Department reached the site and began an urgent inspection of the displaced section. Engineers started repair work using a circular bearing mechanism at the bottom of the structure to stabilise the bridge.

The National Highway witnessed heavy traffic as vehicular movement to Bengaluru was suspended.

The flyover, located near the Hosur Bus Stand, reportedly shifted laterally by about half a foot, with a visible crack in its central portion. Following the development, officials from the National Highways Authority rushed to the spot and conducted an inspection.

Authorities immediately closed the flyover to all vehicular traffic as a precautionary measure.

As a result, vehicles travelling from the Salem-Chennai region via Krishnagiri to Bengaluru were diverted to the service road in front of the flyover.

The diversion has led to significant traffic snarls, with congestion stretching up to 3 km from the Hosur Bus Stand. Commuters and motorists have been facing severe delays and inconvenience. -ANI

10 builders yet to pay ₹347 crore in penalties

Even years after the enactment of the Real Estate Regulation and Development Act (RERA), major builders in Karnataka are ignoring recovery orders issued by the Karnataka Real Estate Regulatory Authority (K-RERA). As a result, aggrieved homebuyers, despite having orders in their favour, are left chasing justice through courts and government offices.

When RERA was introduced, there was optimism that victims of real estate fraud would receive swift relief. However, that promise has remained largely unfulfilled. A glaring example is the fact that just 10 major builders collectively owe ₹347 crore in penalties to homebuyers but have yet to pay up.

According to information accessed through an RTI query, as of May 15, K-RERA had issued 656 revenue recovery certificates (RRCs) against leading builders/promoters in 565 cases, amounting to ₹366.20 crore. Yet, actual recovery has occurred in only 62 cases, totalling just ₹18.70 crore. The remaining 594 cases involve unpaid penalties totalling ₹347.44 crore.

Activists said that despite such a large outstanding amount, K-RERA has shown little interest in taking stringent action. The authority appears to be shirking responsibility by passing the buck to revenue officers, complain homebuyers.

Buyers trapped in legal limbo

As per Section 63 of the RERA Act, failure to comply with authority orders should attract daily penalties on builders, potentially up to 5% of the estimated cost of the housing project. However, K-RERA has failed to implement Section 53 of the Act effectively. "Even though homebuyers have favourable orders, many are still in the dark about enforcement mechanisms. If RERA authorities themselves cannot enforce their orders, buyers must take the matter to civil courts, which is not a practical solution," said an activist.

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Contract quota bill for minorities awaits assent

Karnataka is seeking Presidential assent for key bills, including one proposing contract quotas; CM Siddaramaiah will visit Delhi to personally appeal for approval

Sridhar Vivan
sridhar.vivan
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TWEETS @sridharvMirror

Even as the state reels under a controversy surrounding the proposed increase in reservation for minorities, the Karnataka government is making a concerted effort to secure Presidential assent for a contentious bill that aims to reserve a share of government project contracts for the Muslim community.

Based on a budgetary announcement, the government had proposed a 4% reservation for Muslims in public works contracts valued up to ₹2 crore across various departments. The bill amending the Karnataka Transparency in Public Procurement Act was passed in the last legislative session. However, despite multiple rounds of objections and clarifications exchanged between the Governor and the state government, the bill was withheld. The Governor forwarded it to the President, citing that religion-based reservations were not constitutionally permissible.

Now, several bills—including the one granting contract reservations for Muslims—are pending Presidential assent. Chief Minister Siddaramaiah is expected to meet President Droupadi Murmu personally to explain the intent and objectives behind these bills and request her approval.

CM to visit Delhi

In a strategic move, Chief Minister Siddaramaiah is set to travel to Delhi on Monday for a two-day official visit. During this trip, he plans to meet with the President to seek assent for multiple key bills. Among them is also the controversial temple reform amendment bill, which proposes diverting 10% of revenue from wealthy temples' hundi (donation boxes) towards the development of economically weaker temples.

Sources said that the Chief Minister is expected to appeal to the President for swift approval of these bills, arguing that they reflect the socio-economic and administrative priorities of the state. "As these bills hang in constitutional limbo, the government's ability to deliver on budgetary promises and reform agendas remains on hold. The outcome of Siddaramaiah's Delhi visit may determine the future trajectory of these legislative efforts," said an official.

List of bills awaiting presidential assent

- Karnataka Transparency in Public Procurement (Amendment) Bill, 2025 – Proposes 4% reservation in government contracts for Muslims.
- Karnataka Hindu Religious Institutions and Charitable Endowments (Amendment) Bill, 2024 – Seeks redistribution of temple income.
- Karnataka Notaries (Amendment) Bill, 2025
- Karnataka Forest (Amendment) Bill, 2025
- Right to Free and Compulsory Education (Karnataka Amendment) Bill, 2015
- Criminal Law Amendment (Karnataka Amendment) Bill, 2022
- Karnataka Minerals Rights and Taxation on Mineral-Bearing Lands Bill, 2024

Union protests 12-hour shift, cites health risks

The Karnataka State IT/ITeS Employees Union (KITU) has opposed the proposed implementation of a 12-hour workday in the state, urging the government to drop the plan.

Union members staged a protest in front of several IT companies across the city, warning that such a move could lead to a one-third reduction in employment opportunities in the sector. They also raised concerns about rising unemployment.

KITU members said that extending work hours would worsen mental stress, reduce productivity, and trigger a range of social issues. "Fixed work hours, good health, and work-life balance are fundamental rights of employees," said KITU representatives.

— BMB

Panel to standardise health scheme rates

The government has constituted an expert committee headed by the Additional Chief Secretary of the Health Department to recommend uniform package rates for various government-backed health schemes, including Ayushman Bharat. The committee will work towards bringing consistency in treatment costs across all state-sponsored health insurance programs to ensure fairness and transparency in service delivery. Comprising 11 members, the committee will be chaired by the Additional Chief Secretary or Principal Secretary of the Health Department by virtue of their position. The committee will evaluate existing package rates and suggest revisions to align them with current medical practices and healthcare infrastructure. — BMB

NOTES FROM THE FIELD

Concern over KAT's functioning

The functioning and decision-making pattern of the Karnataka Administrative Tribunal (KAT) came under serious scrutiny during the recent cabinet meeting. Several ministers reportedly voiced strong objections and concerns over the Tribunal's recent orders and administrative conduct. There was a strong demand from multiple cabinet members urging the government to intervene and initiate corrective measures. When questioned, Law and Parliamentary Affairs Minister HK Patil confirmed that discussions about KAT did take place. "Yes, the issue was raised. There is growing resentment and concern in various quarters about how KAT is issuing stay orders and decisions without adequate consideration. The government is deliberating on what steps can be taken regarding KAT's functioning and structure."

"Pay up to get it done!"

Revenue officials at Bengaluru's north and south taluk offices were left squirming in their chairs on Thursday last when Revenue Minister Krishna Byre Gowda paid a surprise visit. Fuming at officials, he said, "Why not just put up a rate board in your offices? Let people know the exact price for each service. That way, they'll stop wasting time running around and just pay up to get their work done!" When the Minister found a few officials turning up late, he quipped, "Oh! You must be some feudal lord! Should we fall at your feet and perform a ritual before you begin your work?" On pending corrections in land records, Gowda said, "You received orders back in January, six months ago! And still, no action. Didn't even send the case-worker's file. Are you waiting for divine intervention?"

Is this big news?

When journos quizzed Deputy CM DK Shivakumar about the ED summons to his brother, he cleverly swerved, not with an answer, but a jab at the media buzz around his viral bicycle fall! "Is my little tumble such big news?" he chuckled. "I just hit the brakes, slipped, and fell… that's it! Not exactly breaking news, is it?" He was reacting to the minor mishap during an Environment Day event at the Vidhana Soudha premises on Tuesday morning, which went viral on social media. Shivakumar had flagged off a green walk and joined the event riding a bicycle. As the cycle rolled forward, he lost balance and fell. Security personnel nearby quickly helped him back up. Shivakumar was seen smiling and joking with media personnel who were recording the moment. "Hey, don't show all that," he laughed, referring to the footage of his fall.

Political potboiler!

It's raining allegations in Kolar as current and former MLAs lock horns, not over policies, but percentages! Amid ex-MLA Varthur Prakash's claim of shady commission offers, current MLA Kothur G Manjunath didn't just defend himself, he dropped a money mic. Taking a direct jab at Varthur, Manjunath flexed his finances like a boss: "I rake in rent worth crores every month! I make so much money, I genuinely can't spend it all. When my son wanted to give me something, I told him, 'Forget it, son!' Instead, I gifted him an Audi S5 worth ₹1.09 crore!" And then came the kicker: "I'm so rich, I can't even reveal all my sources of income!" While Varthur talks about kickbacks, Manjunath's talking cash flow flexes. One thing's for sure — in Kolar, development talk always comes with a side of bling and burn!

Bike baddie yells at DC

In a scene straight out of a traffic-themed sitcom, a biker zooming the wrong way on a one-way street in Davangere ended up shouting at the Deputy Commissioner himself! Yes, you read that right. The incident took place in Davanagere when the DC pedalled past a man riding a bike against the flow of traffic. Being the law-abiding official he is, the DC courteously pointed out, "This is a one-way, sir. Please don't ride like this." But instead of a nod or a sheepish apology, the biker—blissfully unaware he was arguing with the district's top officer—snapped back with full-on attitude and sped off! The DC coolly snapped a photo of both the man and his bike and sent it via WhatsApp to SP Uma Prashanth, recommending swift action.

Booze vs blight

A group of desperate pomegranate farmers in Karnataka have turned to an unlikely remedy for a stubborn crop disease, alcohol! Yep, you read that right. In a bid to battle the notorious fruit spot disease, farmers are reportedly spraying liquor on their crops. Horticulture Officer H Rajendra told journalists that this new-age 'cocktail cure' could do more harm than good to plants and possibly the soil. They're urging farmers to consult experts, not just bar-tenders.
So, will this boozy experiment bear sweet fruit or end in a bitter aftertaste? Only time (and the next harvest) will tell. Cheers to innovation… with caution!

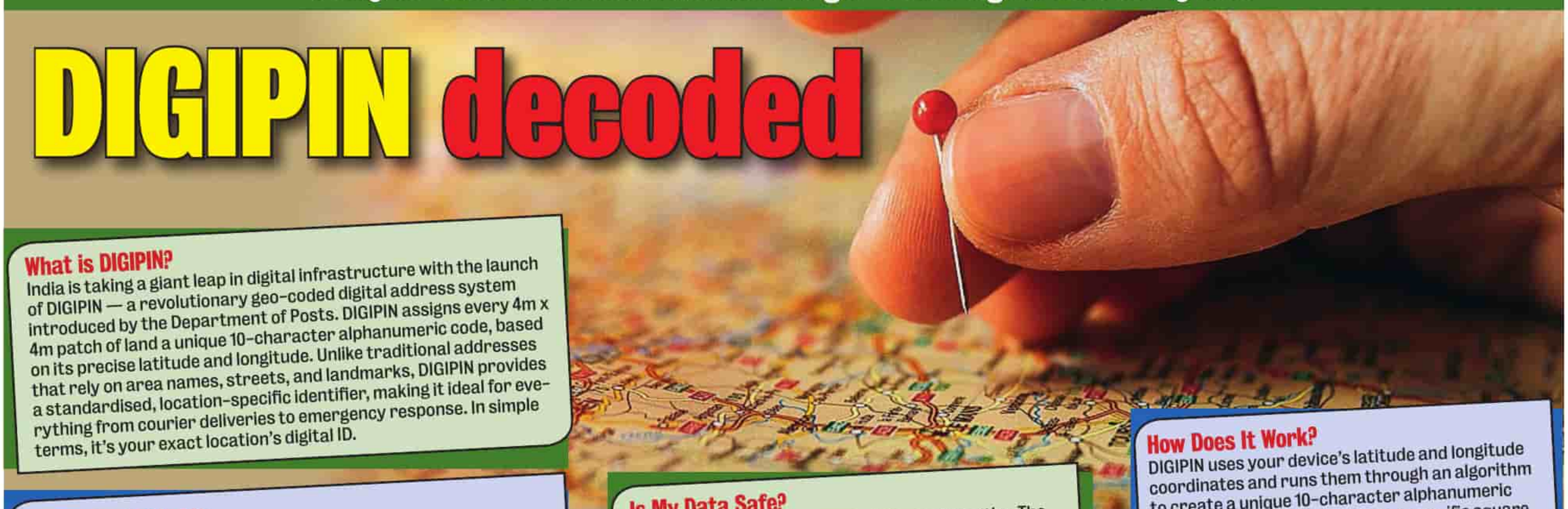
Green card woes

Deputy Chairman of Karnataka State Policy and Planning Commission BR Patil is feeling a little left out, despite winning the election on the party's ticket and attending all the meetings, he says he's still waiting for his "green card" — no, not the US one, but the figurative one that makes him feel like a true insider in his party. "I contested with a party ticket, I won, I'm attending meetings… but I still haven't received my 'party green card,'" he quipped with a hint of sarcasm on Monday. "At this rate, I feel like an NRI in my own political home." Patil also noted that he and many other MLAs are hopeful of a cabinet berth, but added coolly, "I won't even ask for a ministerial post. The CM will decide based on merit." Looks like Patil's not just missing a green card, he's missing a little greenroom love too! — Sridhar Vivan

BM SIMPLY PUT

Today we take a look at ins and outs of geo-coded digital address system

DIGIPIN decoded



What is DIGIPIN?

India is taking a giant leap in digital infrastructure with the launch of DIGIPIN — a revolutionary geo-coded digital address system introduced by the Department of Posts. DIGIPIN assigns every 4m x 4m patch of land a unique 10-character alphanumeric code, based on its precise latitude and longitude. Unlike traditional addresses that rely on area names, streets, and landmarks, DIGIPIN provides a standardised, location-specific identifier, making it ideal for everything from courier deliveries to emergency response. In simple terms, it's your exact location's digital ID.

The Brains Behind It

DIGIPIN is the result of a powerful collaboration between the Department of Posts, IIT Hyderabad, and NRSC–ISRO. Developed as part of the broader Digital Public Infrastructure (DPI) framework, this open-source system aims to digitize and standardize how India addresses its vast geography. DIGIPIN forms the foundation layer of this DPI, bringing India closer to "Address as a Service" (AaaS) — a concept where addresses can be seamlessly generated, verified, and used by both public and private entities for location-based services.

Why DIGIPIN?

Let's face it — relying on vague directions like "next to the bakery, near the water tank" often leads to delays and confusion. DIGIPIN aims to solve this by offering a precise, digital alternative to traditional addresses. Whether it's delivering packages, locating rural homes, or responding to natural disasters, a DIGIPIN eliminates ambiguity and improves efficiency. With high-resolution accuracy and the ability to function offline, DIGIPIN brings immense value to urban and rural India alike, helping bridge the digital divide.

What Makes It Different?

Unlike postal PIN codes that represent large geographical areas or neighborhoods, a DIGIPIN identifies a very specific spot — approximately 4 meters by 4 meters. While PIN codes help sort mail across zones, DIGIPIN helps you pinpoint the exact doorstep. It's like comparing a city map to a GPS marker. A traditional address may describe your street and building, but DIGIPIN gives you a digital square that is unique to your exact location. It's more accurate, more efficient, and completely tech-enabled.

Is My Data Safe?

Yes, and that's one of DIGIPIN's biggest strengths. The system doesn't store any personal or identifiable user data. A DIGIPIN is purely generated based on geographic coordinates — nothing more. It doesn't capture who lives there or what the property is used for. There's no link to phone numbers, names, or any sensitive information, ensuring full data privacy and anonymity. The focus is entirely on the location, not the people using it.

How Do I Get My DIGIPIN?

Getting your DIGIPIN is as easy as sharing your location. You just need a device with GNSS (Global Navigation Satellite System) or GPS capability. By visiting dac.indiapost.gov.in/mydigipin, users can input their location and instantly receive their DIGIPIN. No registration, no login required — just allow location access and your code will pop up. Developers can also use the open-source code available at the DIGIPIN GitHub page to integrate this system into other applications.

Can I Use It Offline?

Yes, once a DIGIPIN is generated, it can be used and shared without an active internet connection. This offline functionality is especially useful in remote regions or during internet outages. The Department of Posts has made the code public, so third-party applications and systems can use the DIGIPIN logic without needing to fetch data from a central server. That means even in low-connectivity areas, DIGIPIN can be relied upon for accurate geolocation.

How Does It Work?

DIGIPIN uses your device's latitude and longitude coordinates and runs them through an algorithm to create a unique 10-character alphanumeric code. This code corresponds to a specific square on a digital map grid, measuring approximately 4m x 4m. These grid values are determined using a combination of geospatial science and computing logic, making the codes deterministic and consistent across platforms. Once generated, the same DIGIPIN will always represent that exact location.

Will It Replace My Postal Address?

No, DIGIPIN will not replace your existing postal address. Instead, it enhances it. Your descriptive address remains unchanged, but DIGIPIN adds a layer of precision that can be used by logistics companies, navigation apps, utility providers, and government agencies to better locate addresses. Over time, as DIGIPIN gets integrated into GIS systems and digital infrastructure, the reliance on long descriptive addresses could reduce — but they won't be eliminated. Think of it as a companion to your current address, not a competitor.

Want to Dive Deeper?

For tech enthusiasts and curious citizens, the Department of Posts has shared detailed documents to explore further. You can check out the technical document outlining the code architecture of DIGIPIN, and also review the DHRUVA policy document, which outlines the vision for a comprehensive digital address framework. Public feedback on DHRUVA is welcome at digipin@indiapost.gov.in until July 31, 2025.

BM Finance Fundas

Consumer Connect Initiative

PM Kisan: How to complete e-KYC to receive next instalment?

Beneficiaries of the Pradhan Mantri Kisan Samman Nidhi (PM Kisan) scheme are eagerly awaiting the 20th instalment of the financial assistance program.

However, it is mandatory to complete the e-KYC to receive the next instalment directly into their Aadhaar-seeded bank accounts, as per government guidelines.

What is PM Kisan?

Launched by the Ministry of Agriculture and Farmers Welfare, PM Kisan provides Rs 6,000 annually to eligible farmers. The amount is disbursed in three equal instalments of Rs 2,000 every four months, offering crucial financial assistance to small and marginal farmers.

PM-Kisan 20th instalment date

Instalments are disbursed every four months, so the last instalment was made in February. Based on this schedule, the upcoming 20th instalment is expected to be released by the end of June.

Is eKYC mandatory to receive the instalment?

The government mandates e-KYC to ensure transparency and eliminate the role of middlemen. It helps in confirming the identity of genuine beneficiaries and ensures that the benets are transferred directly to their bank accounts.

Modes of e-KYC for PM Kisan

Farmers can complete e-KYC using any of the following four methods:

OTP Based e-KYC (available on PM Kisan Portal and Mobile App)

Biometric based e-KYC (available at Common Service Centres (CSCs) and State Seva Kendra (SSKs))

Face authentication-based e-KYC (available on PM Kisan Mobile app)

A convenient and user-friendly method via the PM Kisan mobile app, especially for those without fingerprint access.

How to complete Aadhaar OTP-based e-KYC

Step 1: Visit the official portal: https://pmkisan.gov.in

Step 2: Click on the 'e-KYC' option at the top-right corner.

Step 3: Enter your Aadhaar number.

Step 4: Submit the OTP received on your Aadhaar-linked mobile number.

Step 5: e-KYC will be completed once OTP verification is successful.

How to complete Face Authentication e-KYC (Mobile App)

Step 1: Download the PM-Kisan Mobile App and the Aadhaar Face RD app from Google Play Store.

Step 2: Open the PM Kisan app and log in with your registered mobile number.

Step 3: Go to the Beneficiary Status section.

Step 4: If e-KYC status is shown as "No", click on 'e-KYC'.

Step 5: Enter your Aadhaar number and give consent to scan your face.

Step 6: Once your face is scanned successfully, e-KYC is marked as complete.

Note that the e-KYC status will be updated on the portal within 24 hours of successful completion through any mode.

With the 20th instalment of PM Kisan due soon, all eligible beneficiaries must ensure their e-KYC is completed to avoid missing out on the upcoming payout. Farmers are advised to check their beneficiary status regularly and complete the eKYC process well in advance. **–ET Online**

DKS backs tunnel road project, Tejasvi calls it unscientific

Karnataka Deputy CM DK Shivakumar on Sunday backed the proposed tunnel road project from Silk Board to Hebbal, claiming it would transform mobility in Bengaluru, while BJP MP Tejasvi Surya calls it unscientific.

In a post on 'X', Shivakumar said, "Your time matters. We're building with you in mind. The Hebbal–SilkBoard underground Tunnel is set to transform your daily commute."

He stated that the 16.75 km signal-free tunnel would allow commuters to bypass over 25 traffic bottlenecks, saving more than 45 minutes of travel time daily. The route would also provide direct access to the city's IT corridor, he added. "A faster, smarter Bengaluru is on its way — because you deserve better," said Shivakumar, who holds the Bengaluru Development portfolio.

However, the proposal came under sharp criticism from BJP MP Tejasvi Surya, who dismissed the project as unscientific and financially unviable. In a reply post on 'X', Surya alleged that the tunnel road would cater only to four-wheelers and impose a toll of Rs 600 per journey.

"The Bengaluru Tunnel Road is yet another instance of the Congress government systematically destroying public transport in the city," he said. "From the word go, the Hebbal–Silk Board tunnel idea has been riddled with problems," he added.

Calling the tunnel project "an unscientific solution to Bengaluru's mobility issues," Surya said it was bound to fail, wasting Rs 18,000 crore of taxpayers' money. **PTI**

Pvt transport federation files complaint over 'illegal' bike taxi protest

The Federation of Karnataka State Private Transport Association has filed a formal complaint at the Vidhana Soudha Police Station against bike taxi drivers and alleged corporate backers, accusing them of staging an unlawful protest in violation of a High Court order.

The protest took place on June 21 outside the Vidhana Soudha, where several bike taxi drivers, along with office bearers of their association, demonstrated against the recent ban on bike taxi services. The High Court had earlier ruled that protests in the city must be confined to Freedom Park, making gatherings at other public spots, including the Vidhana Soudha, illegal without prior police permission.

In the complaint, Association President S Nataraja Sharma alleged that the protest was held without permission and was deliberately instigated through social media.

The complaint specifically points to X users including Mohan Das Pai, claiming that a tweet from his official handle fuelled the protest. It further alleges that Pai has a stake in the bike taxi sector and was using the demonstration to exert pressure on the government and judiciary to overturn the ban. The federation has sought a detailed probe into those who organised and supported the protest, calling for legal action against all involved for contempt of court and unlawful assembly.

Police have confirmed receiving the complaint and said that notices will be served to the organisers and stakeholders named in the FIR. **BMB**

Traffic police stop auto drivers from fleecing passengers

CONTINUED FROM PAGE 1

charged double the normal fare or flatly refused short-distance rides. Ironically, the same auto drivers who previously complained about a drop in business due to bike taxi competition are now reportedly harassing customers and taking advantage of the vacuum.

A senior police officer said that several complaints have also emerged from women commuters, including instances of verbal abuse at auto stands. Cases have been registered for rash driving, overcharging, refusal to ply, and even drunk driving.

Fights among auto drivers to pick up commuters were also reported. "We've instructed traffic personnel to conduct drunk driving checks specifically targeting auto drivers at night, including at auto stands," the officer added.

According to the Joint Commissioner of Police (Traffic) MN Anucheth, the drive will continue for the next two weeks across all traffic divisions to bring discipline among auto drivers.

Special teams, including officers in plainclothes posing as passengers, have been deployed to detect real-time violations.

Erratic signal cycles disrupt traffic

CONTINUED FROM PAGE 1

waited for nearly five minutes even when there were hardly any vehicles crossing from the other side," said Akastha.

"An aside observation. Signals are often run in manual mode during peak hours. This won't help train the AI models if it's a machine learning model that's used," a person commented in a social media post.

While another said, "The Japanese have probably designed the algorithms considering lane discipline and roads of Japan. Tech is not translating to the chaos of our city."

"Timer based Signal: People knew signal time. Now they don't, just have to wait.VAC: maximum signals in vicinity have to be interlinked. If they act in silos, it is bound to fail as a Green in one signal is met with Red in next.VAC has potential to confuse drivers," Rajesh said.

Further Rajesh explained that in manual control, what is seen is that the field officer at the signal has no idea of how long the queue has gone. "Often I see the other vehicles picking up speed of approx 40 kmph while those on red are kept waiting for long. Often seen on NGEF junction, Jalahalli Cross."

Another user Ashok commented, "Finally seeing something from a senior person. During peak hours it is always running in manual mode.. only if you travel after 9 pm it is VAC mode. My tax money is spent on something which is not used or badly implemented and who is responsible? No one will take accountability."

Another commuter complained that motorists have to wait for the signal to turn green even if there is no traffic. Another user following the post shared his experience, "Sir I completely concur with you. As a matter of fact, I have requested the Jt.CP Traffic to review the VAC signals at all major traffic junctions in the City. Something in the synchronisation is not right."

A citizen said the AI signals make one believe they are designed by persons who have no clue about traffic patterns.

While some agree that AI holds long-term potential for intelligent traffic management, they warn that premature deployment without adequate calibration can backfire.

As the debate rages on, one thing is clear: The road to smart traffic management in Bengaluru may need more than just smart signals.

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I, Paraksh Bhati R/o Cannan land, 118/1, Patel Nanjundappa Lyt, Kothanur, Bengaluru 560077 have changed my name to Ankita Singh Bhati Affidavit Dt.21/06/2025 notary Harisha G, B'luru

I Varun Sampat S/O, Uday Daulat Sampat R/o No P2 Hr Splendidio 12th Main Road Coffee Board Layout Hebbal Kempapura Bengaluru - 560024 have changed my name to Varun Uday Sampat.

I, Shubhang Lalla S/o. Shilesh Lalla, R/o. Flat No-12215, Bldg-1, Tower-2, Prestige Jindal City, Tumkur Main Road, Bangalore 560073. I had changed my name to "Shubhang S Lalla" for all purposes vide Affidavit No: IN-KA58927550274487X.

I Mithansh Prasanna Shetty, S/o, Pooja Shetty, Residing At, Flat No 901, hiranandani Glen Gate Apartment, Devi Nagar, Sahakaranagar Post, bengaluru 560092, have changed my name to Mithansh Shetty, for all purposes.

I Dhea Prasanna Shetty, D/o, Pooja Shetty, residing At, flat No 90, hiranandani Glen Gate Apartment, Devi Nagar, sahakaranagar Post, Bengaluru 560092, have changed ny name to Dhea Shetty for all purposes

I Noorul Hutha S/o A.M.Nizar R/o Nava Subha Samruddhi, Kasturi Nagar, Bangalore has changed my name from Noorul Hutha Nizar to Noorul Hutha for all future purposes

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HEALTH TIP: A diet rich in fruits, vegetables, whole grains, and healthy fats can reduce liver fat

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IT'S NOT JUST 'CHRONIC FATIGUE'

ME/CFS much more than being tired

Myalgic encephalomyelitis / chronic fatigue syndrome (ME/CFS) is as complex as its name is difficult to pronounce. It's sometimes referred to as simply "chronic fatigue", but this is just one of its symptoms.

In fact, ME/CFS is a complex neurological disease, recognised by the World Health Organization, that affects nearly every system in the body.

The name refers to muscle pain (myalgia), inflammation of the brain (encephalomyelitis), and a profound, disabling fatigue that rest can't relieve.

However, the illness's complexity – and its disproportionate impact on women – means ME/CFS has often been incorrectly labelled as a psychological disorder.

What is ME/CFS?

ME/CFS affects people of all ages but is most commonly diagnosed in middle age. It is two to three times more common in women than men.

While the exact cause is unknown, ME/CFS is commonly triggered by an infection.

The condition has two core symptoms: a disabling, long-lasting fatigue that rest doesn't relieve, and a worsening of symptoms after physical or mental exertion.

This is known as post-exertional malaise. It means even slight exertion can make symptoms much worse, and take much longer than expected to recover.

This varies between people, but could mean simply having a shower or attending a social event triggers worse symptoms, either immediately or days later.

These symptoms include pain, sleep issues, cognitive difficulties (such as thinking, memory and decision-making), flu-like symptoms, dizziness, gastrointestinal problems, heart rate fluctuations and many more.

For some people, symptoms can be managed in a way that allows them to work. For others, the disease is so severe it can leave them housebound or bedridden.

Symptoms can fluctuate, changing over time and in intensity, making ME/CFS a particularly unpredictable and misunderstood condition.

Not just 'in your head'

A growing body of scientific evidence, however, clearly shows ME/CFS is a biological, not mental, illness.

Neuroimaging studies have revealed differences in the brain activity and structure of people with ME/CFS, including poor blood flow and lower levels of neurotransmitters (chemical messengers in the nervous system).

Other research indicates the condition affects how the body produces energy (the metabolism), fights infection (the immune system), delivers oxygen to muscles and tissues, and regulates blood pressure and heart rate (the vascular system).

Issues with criteria

To diagnose ME/CFS, a clinician will also exclude other possible causes of fatigue, which can be a lengthy process. A patient needs to meet a set of clinical criteria.

But one of the major challenges in researching ME/CFS is that the diagnostic criteria clinicians use vary worldwide.

Some criteria focus solely on fatigue and include people with alternate reasons for fatigue, such as a psychiatric disorder.

Others are more narrow and may only capture ME/CFS patients with more severe symptoms.

As a result, it can be very difficult to compare across different studies, as the reasons they include or exclude participants vary so much.

> **The condition has 2 core symptoms: a disabling, long-lasting fatigue that rest doesn't relieve, and a worsening of symptoms after physical or mental exertion**

Changes to the guidelines

In Australia, doctors often receive little formal education about ME/CFS.

Most commonly, they follow the Royal Australian College of General Practitioners' clinical guidelines to diagnose and manage ME/CFS. These are based on the Canadian Consensus Criteria which are considered more stringent than other ME/CFS diagnostic criteria.

They include post-exertional malaise and fatigue for more than six months as core symptoms.

However, these guidelines are outdated and rely heavily on controversial studies that assumed the primary cause of ME/CFS was "deconditioning" – a loss of physical strength due to a fear or avoidance of exercise.

These guidelines recommend ME/CFS should be treated with cognitive behavioural therapy – a common psychotherapy which focuses on changing unhealthy thoughts and behaviours – and graded exercise therapy, which gradually introduces more demanding physical activity.

While cognitive behaviour therapy can be effective for some people managing ME/CFS, it's important not to frame this condition primarily as a psychological issue.

Graded exercise therapy can encourage people to push beyond their "energy envelope", which means they do more than their body can manage. This can trigger post-exertional malaise and a worsening of symptoms.

In June 2024, the Australian government announced A$1.1 million towards developing new clinical guidelines for diagnosing and managing ME/CFS.

Leading organisations have scrapped the recommendation of graded exercise therapy in the United States (in 2015) and the United Kingdom (in 2021). Hopefully Australia will follow suit.

What can people with ME/CFS do?

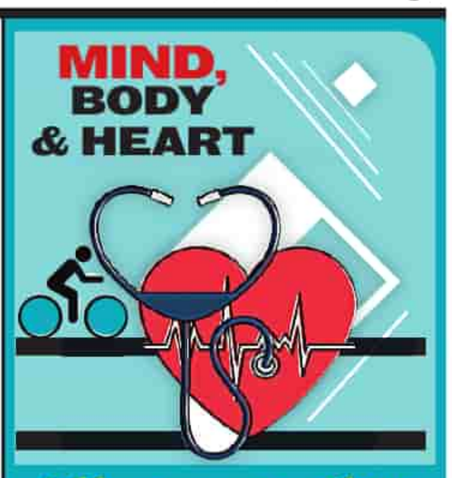
While we wait for updated clinical guidelines, "pacing" – or working within your energy envelope – has shown some success in managing symptoms. This means monitoring and limiting how much energy you expend.

Some evidence also suggests people who rest in the early stages of their initial illness often experience better long-term outcomes with ME/CFS.

This is especially relevant after the COVID pandemic and with the emergence of long COVID. Studies indicate more than half of those affected meet stringent clinical criteria for ME/CFS.

In times of acute illness we should resist the temptation to push through. Choosing to rest may be a crucial step in preventing a condition that is much more debilitating than the original infection.

(By Sarah Annesley, La Trobe University, The Conversation)



All you need to know about...

Foods for thyroid health

1. Rock Salt (Sendha Namak)
Rock salt, or sendha namak, is a traditional Indian source of natural iodine, which is vital for thyroid hormone production. It is used in almost all Ayurvedic recipes, and is considered a better mineral-rich alternative to refined salt when used in moderation.

2. Sunflower Seeds
Sunflower seeds are rich in selenium and zinc. These two nutrients play a crucial role in the regulation of the thyroid hormone and in reducing inflammation. They can be added to your daily snacks, salads, and smoothies, and they offer a satisfying crunch while boosting your health.

3. Yogurt
Yoghurt is packed with iodine and gut-friendly probiotics that not only help your gut but also play a crucial role in thyroid hormone balance. Choose homemade or plain dahi without added sugar to maximise its benefits.

4. Eggs
Eggs provide iodine and selenium, especially in the yolk. They also offer complete protein, which supports metabolism and hormone balance. A full boiled or soft-cooked egg is an easy and wholesome addition to your daily diet.

5. Pumpkin Seeds
Pumpkin seeds are full of zinc, which plays a key role in hormone synthesis and immune health. Snack on them roasted or add them to porridge or chutneys for a crunchy, thyroid-friendly twist.

6. Spinach
All greens have good iron content, but spinach is a particularly good source when it comes to iron, magnesium, and antioxidants. All these nutrients support thyroid hormone activity. Have a bowl of palak paneer or palak gravy with some dal for wholesome meal options.

–Femina

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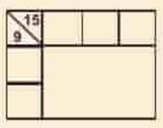
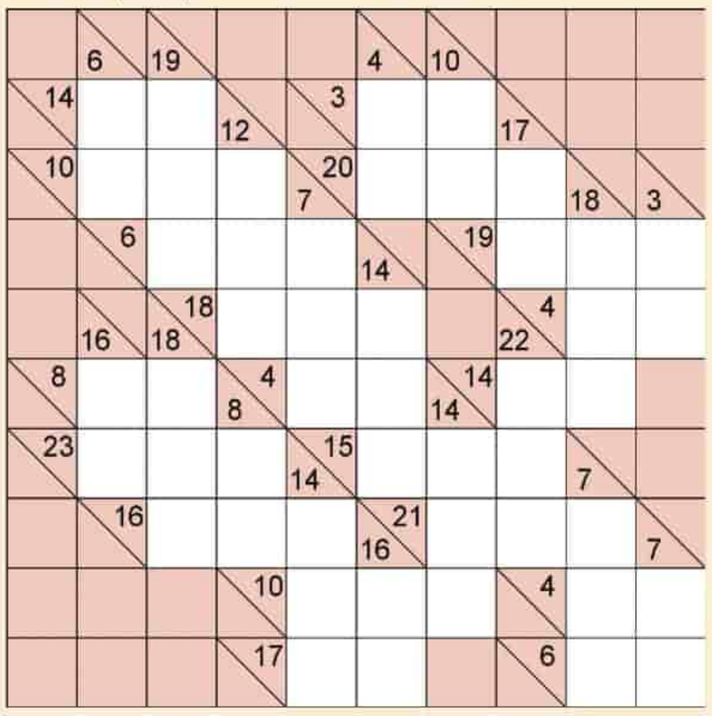
@BangaloreMirror

Kakuro

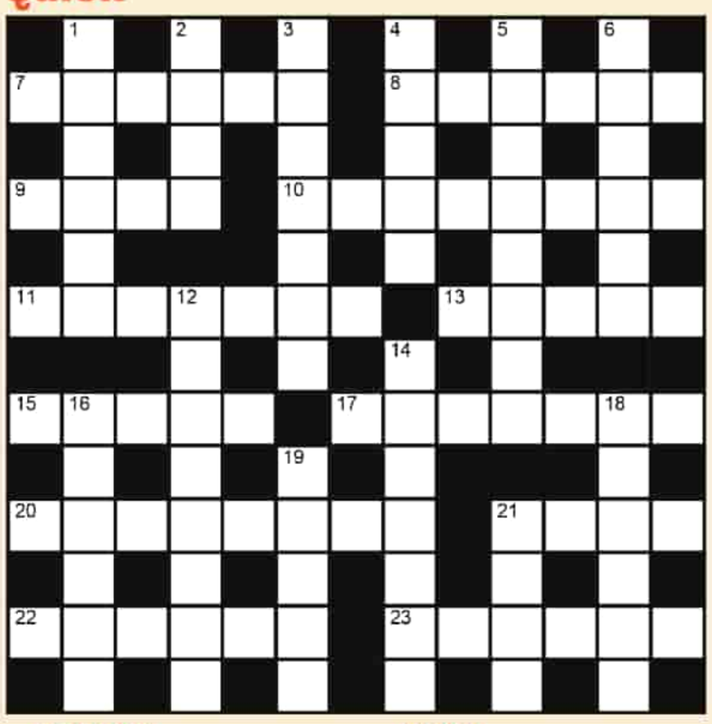
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Maws (6)
8 Colouring stick (6)
9 Volcanic matter (4)
10 Be far far superior ? (8)
11 Adrenaline for one, glucagon for another (7)
13 From side to side (5)
15 Item of property (5)
17 Udon, ramen, soba, etc (7)
20 22 acre park between M.G Road and Cubbon Road (8)
21 Essence (4)
22 ___ Brothers: Aviation pioneers (6)
23 Remarks or comments? (6)

DOWN

1 European monarchy (6)
2 Indian wheaten flour (4)
3 Surprise very much! (7)
4 Sharp and biting (5)
5 He has been imprisoned repeatedly (8)
6 Stiffened undergarment (6)
12 Sessions or dates? (8)
14 ___ Nelson : English naval hero ? (7)
16 Flight of steps (6)
18 Liken to (6)
19 Barbecue rods (5)
21 A coastal feature (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Y EQUALS D

LDM IFDTV KFD QVEPVWV, CD NMDDL PT CVOVTTRMH. LDM IFDTV KFD YDC'I QVEPVWV, CD NMDDL PT NDTTPQEV.

Linemaro

Can you give me directions to your heart? I've become lost in your eyes

Mindchow

Society is now one polished horde, formed of two mighty tribes, the Bores and Bored

Joke of the day

I bought myself a parrot, but it didn't say 'I'm hungry', so it died

Loop

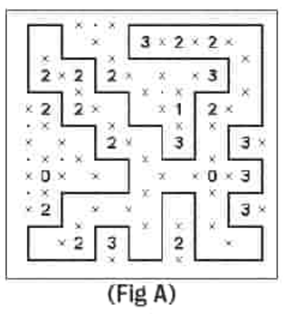
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

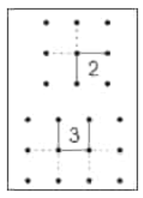
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

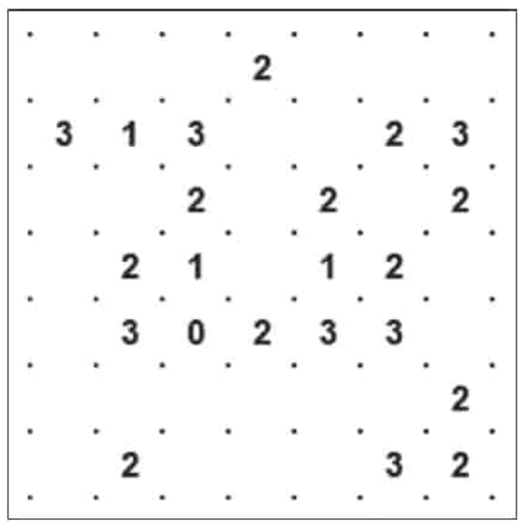
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



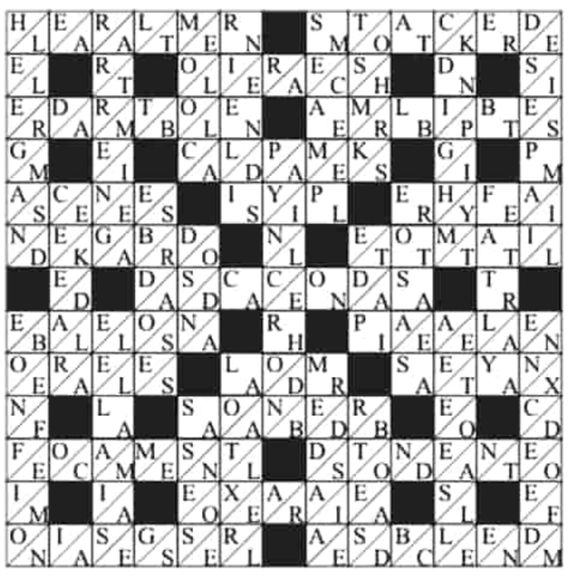
(Fig A)



(Fig B) Not Allowed



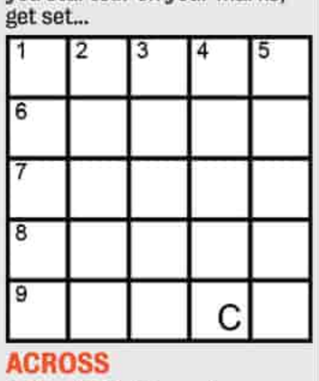
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Was MP; 6 Lam he;
7 A aged; 8 Rinse;
9 A clip

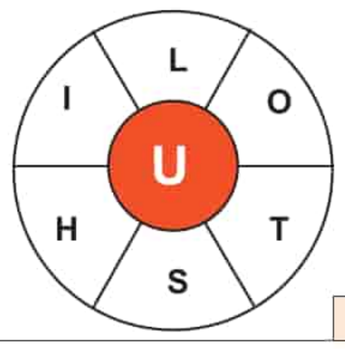
DOWN

1 Harps; 2 Eld we;
3 Masai; 4 Gamic;
5 Nepal

Mensapuzzle

Which number replaces the question mark and completes the puzzle?

156	
2	6
3	1
4	5
5	?



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

08 Average; 09 Good; 11 Outstanding

SudokuChallenge

			4					
	1		9	7			8	
	7	4	6					1
					7	8	1	
	2	3				4	6	
	9	1	8					
5					4	7	3	
	3			6	5		2	
					2			

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

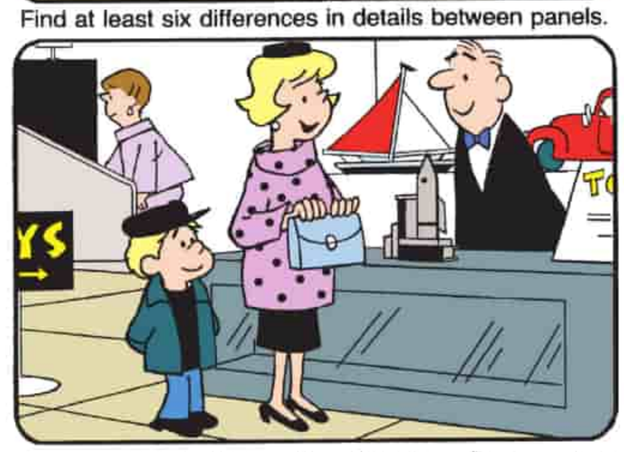
Easy = 9
4 5 9 9

Medium = 21
2 3 7 9

Hard = 18
5 7 9 9

Hocusfocus

Find at least six differences in details between panels.



Differences: 1. Glass front of counter is not as wide. 2. Boy is moved. 3. Name tag is missing. 4. Sail is smaller. 5. Skirt is longer. 6. Woman's hair is different.

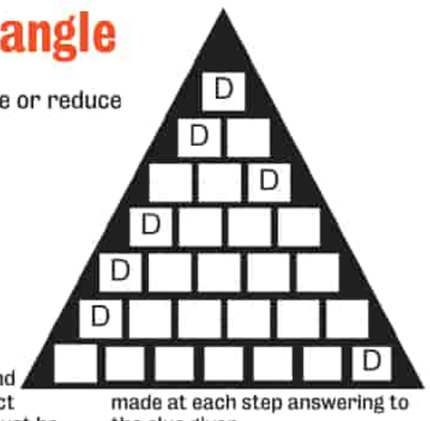
Riddler

I have given you five pairs of words. Fill in the blank below with a single letter to turn these pairs of words into synonyms.

1) _cold and _hide
2) _amble and _ager
3) _earning and _raving
4) _ally and _core
5) _aver and _alter

Alpha triangle

1 Fourth letter
2 Prefix for remove or reduce
3 Bright colour
4 Expensive
5 Challenges
6 Male ducks
7 Triggered off



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye

Bizarrotrip

Diamond Lil

Hart of the city

CHARLOTTE, BRING UP YOUR BOOK REPORT.
I LEFT IT IN THE THEATER! CAN I GO GET IT?
ALRIGHT, MAKE IT QUICK.
OH, THIS IS NEW.
BEEP!
HEART OF THE CITY © 2025 ANDREWS MCMEEL
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Crankshaft

SO LET'S JUST STEP BACK FOR A MINUTE, BATTON, AND TALK ABOUT WHAT INSPIRED YOU TO BECOME A CARTOONIST.
WHEN I WAS YOUNG, ON SUNDAYS, WE WOULD STOP AT A BAKERY ON THE WAY HOME FROM CHURCH TO PICK UP A LOAF OF PUMPERNICKEL BREAD... AND WHEN WE GOT HOME, I WOULD SIT ON MY DAD'S LAP, EATING A WARM PIECE OF BUTTERED BREAD AS HE READ THE SUNDAY COMICS TO ME.
Dale Evans
DURING THOSE MOMENTS, I KNEW I'D EITHER BECOME A CARTOONIST... OR A BAKER!
BATIUK & DAVIS tombatiuk.com/books

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel energetic and perform efficiently at work. Your hard work is likely to pay off, boosting your confidence. Property-related disputes with siblings may be resolved. A meeting with an influential person could expand your professional network. Tensions with your partner may also ease.

Taurus Apr 21 – May 20
The Moon's blessings bring happiness and composure today. You'll be polite and diplomatic with others. With support from family, you may take key business decisions. Your communication skills could help secure a major order, positively impacting your business growth.

Gemini May 21 – Jun 21
You're blessed by the Moon, which brings you strength and positivity. You'll enjoy harmony at work and may share meaningful moments with your spouse, thereby strengthening your domestic ties. You may successfully initiate a new project. Job seekers might receive favourable news. Avoid minor disputes in relationships.

Cancer Jun 22 – July 23
Disappointment may cloud your day. You're advised to control arrogance and speak kindly, as harsh words could lead to setbacks. Romantic partners should avoid petty disagreements, as they might strain the relationship.

Leo Jul 24 – Aug 23
Peace of mind prevails today. You may invest funds into your business, improving liquidity. Financial gains could strengthen your savings. Family life will be harmonious, and singles may find a suitable match. Lovebirds might consider taking the next step toward marriage

Virgo Aug 24 – Sep 23
Happiness is on the rise. Past losses may turn into profits. Recognition from your superiors is possible, and you might see a change in your position or responsibilities at work. You'll be able to manage hidden enemies or rivals effectively. Relationship decisions regarding marriage may be taken with the support of family and friends.

Libra Sep 24 – Oct 22
The Moon favours you today. You'll feel healthy and might plan a visit to a religious site with loved ones. Charitable donations are possible. Real estate deals may move forward, and work-related overseas travel could be on the agenda. You may also consider pursuing higher education.

Scorpio Oct 23 – Nov 22
Today, the Moon has a negative influence. Be cautious of hidden conspiracies or controversies. Strong willpower and elder blessings will help protect you. Avoid arguments at home, rash driving, or adventurous outings to ensure your safety and peace of mind.

Sagittarius Nov 23 – Dec 22
You'll be highly active and productive today. Enthusiasm will drive your projects forward. Quick decision-making will benefit your business. A new initiative in a partnership may begin, but investing in fixed assets jointly is not recommended at the moment.

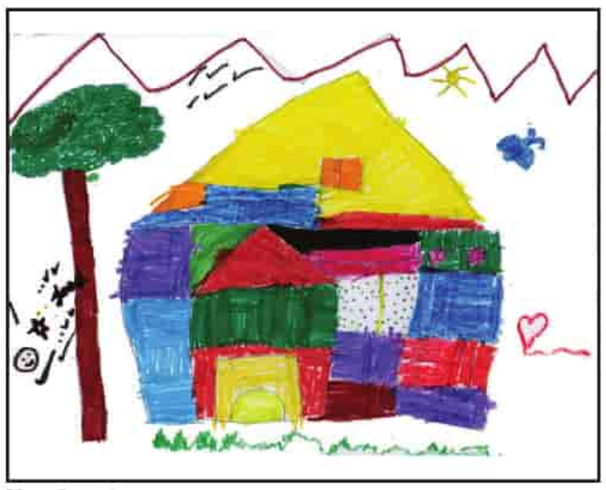
Capricorn Dec 23 – Jan 20
Blessed by the Moon, you'll perform well at work. Promotions or transfers may be in your favour. A job change is also possible. Relations with superiors will be strong, and old health issues are likely to be resolved.

Aquarius Jan 21 – Feb 19
Today brings stability and clarity. You'll enjoy your work, and your sharp focus will enhance your performance. Your wisdom will guide important professional decisions. Profits from past investments are likely to materialise.

Pisces Feb 20 – Mar 20
You may feel emotionally low or dissatisfied today. Arrogance could negatively affect both your personal and professional life. A lack of confidence might hinder your creativity. It's best to stay calm, avoid overthinking, and wait for clarity before making big moves.

KIDZONE

Sudipti A, Bengaluru



Rhea, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
(5^6+5^3) - (5^4 + 5^2)=
125 - 25 =
100

BULL'S EYE
lout, LOUTISH,
lush, lust, oust,
shout, shut,
soul, south,
suit, thus

FAST FIVE

S	W	A	M	P
H	E	M	A	L
A	D	A	G	E
R	E	S	I	N
P	L	I	C	A

RIDDLER
1) Scold and Chide,
2) Gamble and Wager,
3) Yearning and Craving,
4) Tally and Score &
5) Waver and Falter

STRIKE OUT

H	E	A	L	E	R	■	S	O	A	K	E	D		
E	■	R	■	L	E	A	C	H	■	N	■	I		
R	A	M	B	L	E	■	A	M	B	I	T	S		
M	■	I	■	A	D	A	M	S	■	G	■	M		
A	C	N	E	■	S	I	P	■	R	H	E	A		
N	E	G	R	O	■	L	■	T	O	T	A	L		
■	D	■	A	S	C	E	N	D	S	■	R	■		
B	A	L	S	A	■	R	■	P	E	A	L	E		
O	R	L	E	■	L	O	M	■	S	T	Y	X		
F	■	A	■	S	A	N	E	R	■	E	■	C		
F	O	M	E	N	T	■	D	O	N	A	T	E		
I	■	A	■	E	E	R	I	E	■	S	■	E		
N	A	S	S	E	R	■	A	S	C	E	N	D		

QUICK

S	■	S	■	S	■	O	■	E	■	E				
W	R	I	G	H	T	■	I	■	N	P	U	T	S	
C	A	R	I	A	P	P	A	■	C	R	U	X		
■	T	■	S	■	R	■	■	Q	■	■	■	■		
A	S	S	E	T	■	N	O	O	D	L	E	S		
■	■	E	■	D	■	H	■	■	R	■	■	■		
H	O	R	M	O	N	E	■	W	I	D	T	H		
■	G	■	U	■	E	■	B	■	E	■	■	■		
L	A	V	A	■	O	U	T	C	L	A	S	S		
N	■	T	■	U	■	I	■	R	■	■	■	■		
M	O	U	T	H	S	■	C	R	A	Y	O	N		
■	A	■	A	■	J	■	A	■	C	■	■	■		

MENSA PUZZLE
4. Reading each pair of numbers as 2 digit values, the sum of the 4 numbers is given in the top space in the diagram.

QUOTE UNCODE
For those who believe, no proof is necessary. For those who don't believe, no proof is possible.

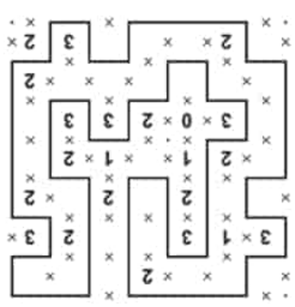
SUDOKU

9	5	8	4	2	1	6	7	3
2	1	6	9	7	3	5	8	4
3	7	4	6	5	8	2	9	1
6	4	5	2	3	7	8	1	9
8	2	3	5	1	9	4	6	7
7	9	1	8	4	6	3	5	2
5	8	2	1	9	4	7	3	6
4	3	9	7	6	5	1	2	8
1	6	7	3	8	2	9	4	5

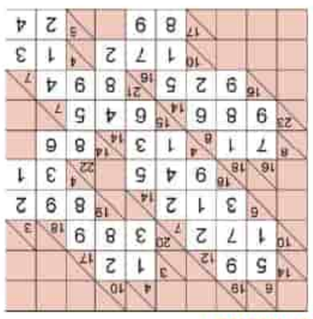
ALPHA TRIANGLE
D, DE, Red,
Dear, Dares,
Drakes,
Sparked.

GO FIGURE
Easy
9 + 9 - 4 - 5 = 9
Medium
3 + 9 + 7 + 2 = 21
Hard
5 + 9 / 7 x 9 = 18

LOOP



KAKURO



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 # APJ style
Salman Khan says he took inspiration from Dr APJ Abdul Kalam for Tere Naam look

BORN TO BE A STAR

When Karisma spoke about how she always wanted to face the camera

Before Karisma Kapoor dazzled Bollywood in the 1990s, she made history just by choosing to step into films. In a rare interview from 1990, a year before her debut in Prem Qaidi, a 16-year-old Karisma candidly spoke about breaking Kapoor family tradition, her first day on set, and the special encouragement she received from her legendary grandfather Raj Kapoor.

Speaking to Lehren Retro, Karisma addressed this directly, saying,"If my father and his brother could marry heroines, why can't the women of the family work in films? It's the same thing."

At a time when daughters-in-law like Babita and Neetu Singh had given up acting after marriage, Karisma's decision to pursue acting marked a turning point. She dismissed assumptions that Kapoor women were barred from the screen, stating, "I don't know why everybody is under this illusion. My father encourages me now. Even my grandfather said, 'Lolo baby, if you become an actress, be the best — otherwise don't.'"

Although her debut film Prem Qaidi released in 1991, Karisma's first shooting experience came during the filming of Nishchay in 1990, which released later in 1992. She recalled her first day on set fondly, sharing, "I had waited so long to face the camera. It was so nice. I shot a short scene with Salman Khan and Reema Lagoo. Everyone, including the director, was incredibly sweet and made me feel comfortable."

She also noted that she never did a screen test, making her debut feel even more personal and organic. **–ETimes**

Sameera reveals how she fights her fears every day

Actress Sameera Reddy, known for her inspiring presence on social media, opened up about her personal journey with fear and healing on the occasion of International Day of Yoga.

Taking to Instagram, she posted a video of herself doing Yoga and reflected on the transformative role yoga has played in her life. In an emotional note, the actress expressed how yoga has helped her find balance, strength, and inner peace through life's challenges.

Sameera wrote, "Every day I fight my fears & you bring me balance. You give me hope & strength. Dear Yoga, you make me corner my mind and deal with what I feel. You hear my thoughts, you make me trust my feelings .. you listen to me when I can't talk to anyone else but myself. You cut the noise. You let me find my answers."

"Which in turns heals my soul and my body. It's all connected. The head heart and the practice. I'm always in grace. #internationaldayofyoga thank you to my teachers @yogabypramila @pleasuringthesenses Yoga for One Earth, One Health- 21st JUNE 2025 #grateful." **–IANS**

The theatre experience

Bollywood actress Sonakshi Sinha, who is gearing up for the release of her upcoming film "Nikita Roy," has shared her take on why regular families are less frequently heading to theatres.

While there's no dearth of engaging or family-oriented films, the actress believes rising ticket prices and the abundance of at-home content are major factors keeping audiences away. Sinha emphasized that it's not the films that are missing—it's the accessibility of the theatrical experience that has shifted. The 'Akira' actress clarified that it's not a lack of family-friendly films, but a combination of other factors that's keeping regular audiences away.

She pointed out that while there's no shortage of stories or family-centric films being made, the overall theatre experience has become too expensive for the average family.

"I don't think family stories are missing at all. I feel families are not going—that's a different story. There is no lack of films being made, and there is no lack of family films being made. I just feel that content-wise, there are a lot more options. Also, the theatre-going experience has become very expensive for a regular family. So, I think there are a lot of factors that affect why people are not going to theatres as much. But they are there—the stories are there, the films are there."About Nikita Roy, Sonakshi expressed confidence that it offers the kind of community viewing experience that could draw families and groups back to cinemas. **–IANS**

Jennifer shares surprising Broadway career goal

After nearly four decades in Hollywood, Jennifer Aniston is not slowing down. The 56-year-old actress recently revealed that despite her extensive career, she still hopes to achieve one major goal, making her Broadway debut. In an interview with People magazine, the 'Friends' star shared, "I want to do a Broadway play. That's on my bucket list."

The actress, who has garnered numerous accolades including an Emmy, Golden Globe, and SAG Award, elaborated on the challenge: "It's finding the time and the right material, but I absolutely have to do a play on Broadway."

For Aniston, who grew up surrounded by the world of entertainment, her father, John Aniston, was an actor, and her mother, Nancy Dow, was also involved in the industry, the aspiration to perform on the stage has been long-standing. She recalled her early experiences, which included performing in Off-Broadway productions.

"The idea of performing in front of a live audience is something I've always wanted to experience," she said. **–ANI**

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Money mad

Director Veeresh Bommasagar has selected a unique subject for his maiden movie Raja Rathnakara. The movie is about a young man, who doesn't worry about the fate of his parents and wants to make money without working hard. Chandan Raja plays the lead in the movie.

It is bankrolled by Jayarama C Malur, a farmer, under the Chowmuda banner. Apsara was paired opposite Chandan Raja but she passed away before the movie became ready for release. The team paid condolences to Apsara. Apsara's father, who attended the condolence meeting held at MMB Legacy on Thursday, narrated how she had struggled to become a heroine.

Bommasagara said that he has been associated with Sandalwood for the last 12 years. "I am hopeful middle and lower middle-class families can relate to the film. Many families have one or two children with a mentality similar to the lead character's attitude," the director said. Producer Jayaram said he agreed to invest money because of the script. "The movie gives importance to sentiment and emotion," he said.

Found-footage style

After a gap of more than a decade, director Vibhin S Santosh has come out with a film – Omen – which is made using the found-footage style. The first Kannada movie 6-3=2, made using found-footage method, was released in 2013. Omen is the second such film and it is to be released next month. "I have worked as an associate for director BM Giriraj. Now, I have become an independent director. The film has got UA certificate," said the director.

Omen has already created a buzz among the moviegoers because of its unique title. "The movie revolves around a bungalow with a jinxed reputation. It is believed that the bungalow is a home for a few spirits. The owner of the bungalow could not sell it because of this notion," the director said.

He said a YouTuber gets ready to videograph the building at night for money. "Ajay Kumar plays the YouTuber while Nishima Shetty plays a paranormal researcher in the movie. The shooting of the movie was held for 25 days at a bungalow in Anekal," he said.